INDOOR AIR QUALITY
Indoor Air Quality & Health

- **Poor ventilation** is said to cause half of all indoor air problems.
- **Indoor air** often has higher levels of toxins and pollutants than outdoor air.
- **Emissions from industrial sources**, such as coke plants, enter the home. Report smells on the Smell PGH app!
- **Toxic fumes**, also known as volatile organic compounds (VOCs) are found in paint, stains, adhesives, carpet, cosmetics, cleaning fluids, and air fresheners. They are emitted from products found around the home, school & office.
- **Many fragrances also contain toxic chemicals**. Reduce the amount of products you use that contain the mystery ingredient, “fragrance,” which can contain over 3,000 different chemicals.

**CHANGE YOUR FURNACE/AC FILTER**
every 3 months and vacuum carpets regularly (with a HEPA vacuum). **Dust frequently** to remove toxins that off-gas from upholstered furniture.

**TEST FOR RADON**. This naturally occurring gas is a leading cause of lung cancer. **Seal leaks** in the home (roof, foundation, basement, etc).

**SKIP AIR FRESHENERS & PARAFFIN CANDLES**.
Make your own scent with fresh flowers, citrus peels or cloves. Seek candles made from beeswax or soy.

**ELIMINATE SMOKING** in the home and **avoid wood-burning** fireplaces.

**HOUSEPLANTS CAN IMPROVE AIR** such as an aloe vera, snake plant or peace lily. Water only when necessary.

**AVOID PEST SPRAYS** - the fumes can linger for years! Reduce sources of food, water and shelter for pests in your home.

**USE LOW OR NO VOC PAINTS, GLUES, AND ADHESIVES**. Opt for hard-surface floors.

**CLEAN WITH NATURAL PRODUCTS** such as vinegar, baking soda, lemon & hydrogen peroxide. Vinegar and baking soda are effective cleaners and deodorizers.

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